

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What would you come back as
in your next life?



"I will because they're lazy
and get annoyed."

Laura Smith,
first year
human services



"I would be a landscape
they have so much better
views."

Laura Taithe,
first year nursing,
and psychology
background



"I would be back as a
Corvette Z06, driving
freeway fast."

Melissa Elliott,
second year
marketing



"I'd like to be a detective
to find the people a
killer."

Maki Laverne,
first year
human services



"I would come back as a
MILKMAID."

**Phuong
Phuongpham,**
first year
human services



"I want to come back as a
diamond. It would be cool to
be really wealthy."

**Sandy
Lewiston,**
first year
human services

Caught on the radar

Students can lose their cars for driving
50 km/h or more over the speed limit

By LOUISE KAMMOUR

After three drivers paid their
first citations

In two and a half hours, 14
people were pulled over for
speeding along Conestoga
College Boulevard and then
Valley Drive on Oct. 31.

Capt. Mark Hammer of the
Windsor Regional Police says
the speeds ranged from 75 to
79 km/h on the 50 km/h road,
although last time he was
patrolling in the same area he
caught speeders travelling in
the 60 km/h range.

According to provincial
guidelines in Ontario, drivers
going 20 to 29 km/h over the
speed limit will face a ticket of
\$105.

For travelling 30 km/h and
over, the ticket goes from \$1
to \$105.

But Sgt. Scott Davidson
says that officers with radars
patrol the area with open the
speeder due to complaints from
people in the neighbourhood.

"When people complain we
have to satisfy those
requests," he says.

Davidson says that staff
usually catch students who
drive the speed limit.

"They are not concerned
with getting a ticket or getting
in class than they are driving
safely."

However, Davidson says
that with more education or
enforcement in the area the
number of people speeding
"tends to fall off and we see
greater compliance."

With today's parking
mop, Davidson notes that



Police all about students.

Capt. Mark Hammer wore a radar gun to catch speeders on
Conestoga College Boulevard Oct. 31. Hammer said he has caught
drivers going more than 30 km/h over the posted 50 km/h speed
limit in two of the college.

Q1 and Q2 drivers must have
a blood alcohol level of zero as
it is not only a highway driv-
ing traffic offence but is in-
sured, for being accounted for

impaired driving.

He cautioned people to not
drink and drive and urged
everyone to properly show up
they wouldn't be caught.

Study like an Aussie

Students can go from a diploma to a degree faster

By LOUISE KAMMOUR

Studying in Australia might
just be the right choice for
international students.

Conestoga has an agreement
with Griffith University in
Queensland, Australia, allowing graduates
of certain programs the opportunity to study for an additional
year to three years to obtain a related degree.

Heidi McCut, a consultant
for RIM which links
Canadian students with educa-
tional opportunities, says
although the system for most
post-secondary students can run as
high as \$18,000 per year the
advantage is that it takes less
time than it would studying
locally to obtain a degree from
abroad.

"You can go and spend three
or four years at Griffith
University on tuition and you



earn. The money really can
be used."

In 2008, McCut said 13
Conestoga graduates went to
Griffith to complete their
degrees. Of them, seven were
business grads, two were from
communications, five were from
graphic design and four went
on to complete a degree in
communications.

Applied business degree
graduates can also apply to
Griffith to complete a master's
degree or to do the same two
years. McCut said.

Some programs included in
the articulation agreement

include general arts and so-
cial sciences, psychology,
and police administration. On the
Conestoga list, visit
www.griffith.edu.au/2010

Griffith is a five-campus uni-
versity with over 30,000 stu-
dents, including 2,000 inter-
national students.

... tuition for international
students can run as high
as \$18,000 per year

The climate here could win-
ter and warm summer. The
temperature typically ranges
from 10 to 20°C in the winter
and 20 to 30°C in the summer.

Children's museum puts its Warhol on

IN THE MUSEUM

Andy Warhol would have loved it.

After all, the two-part art installation by taking Canadian designer John Campbell's pop art and the Empire State Building and projecting it on a large wall inside the museum.

Now the Waterloo Regional Children's Museum is taking food items to Warhol the master himself in an upcoming exhibit called *Put Your Warhol On*.

Between Nov. 8 and 14 and presented in conjunction with food items, the exhibit is intended to educate the public on the museum's upcoming Warhol retrospective.

It's primarily an art exhibit but will also include some of the museum's existing exhibits. The exhibit is called *Put Your Warhol On*. It will include Warhol's pop art and his signature style of silkscreening.

Warhol's work is a reflection of the American dream. It will include Warhol's pop art and his signature style of silkscreening.

to create new and unique works.

"We've managed to create a new and unique work," said Warhol. "We've managed to create a new and unique work."

Beginning in January, the museum will mount *Put Your Warhol On*, a major exhibit for the year which will feature over 50 original Warhol works.

It's going to show the full range of Warhol's work, from his early work in the 1950s to his later work in the 1980s. The exhibit will include Warhol's work in the 1950s, 1960s, 1970s, and 1980s. The exhibit will include Warhol's work in the 1950s, 1960s, 1970s, and 1980s.

"The exhibit will include Warhol's work in the 1950s, 1960s, 1970s, and 1980s. The exhibit will include Warhol's work in the 1950s, 1960s, 1970s, and 1980s."

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PHOTO BY KYLE, AND WARHOL

Local artists will be putting their Warhol on at the Waterloo Regional Children's Museum from Nov. 8 and 14. The exhibit is called *Put Your Warhol On*. It will include Warhol's pop art and his signature style of silkscreening.

United Way fundraising events involve a lot of hoopla

By AMBER LACROIX

Yellow balloons, the United Way's signature color, are the focus of the event on Oct. 30.

The event is a fundraiser for the United Way. It will include a variety of activities, including a walk, a run, and a bike ride. The event is a fundraiser for the United Way. It will include a variety of activities, including a walk, a run, and a bike ride.

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PHOTO BY KYLE, AND WARHOL

A fundraising event was a truly moving experience. Students brought their own food and drinks to the event on Oct. 30.

making the goal.

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Cafeteria website up and running

By AMBER LACROIX

Students can now access the cafeteria website online at the school.

The website is a platform for the cafeteria. It will include a variety of activities, including a walk, a run, and a bike ride. The website is a platform for the cafeteria. It will include a variety of activities, including a walk, a run, and a bike ride.

(The website) will still continue to be a work in development.

— Susan Drape

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updated by Oct. 13, the website is still a work in progress.

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Get your creative juices flowing in November

By SARAH ROYER

This is National Novel Writing Month

If you were wanted to write a novel, now is the perfect time: November is National Novel Writing Month, or the NaNoWriMo challenge, and all you have to do to participate is sign up on the website, write an entire novel. The concept is to write a 50,000-page (or 50,000-word) novel, starting on Nov. 1 and completing it by Nov. 30.

2009 is the ninth year of NaNoWriMo, which was founded by freelance writer Chae Eddy in 1999 and is now run by The Office of Letters and Light, a nonprofit organization based in Oakland, Calif. In the first year of

NaNoWriMo there were just 11 brave participants and the number, at people who retired by completing their novel in 30 days. 2007's challenge had 124,510 participants and 15,550 winners. This year is sure to be even more large-scale.

This year, Rochester Waterloo and Cambridge make up their own region for NaNoWriMo, which is a nod to the fact that area was a later, regional part of the now region of "Greater Golden-Northern." The statistics because of the new Rochester-

NaNoWriMo



PARTICIPANT



Waterloo-Cambridge region are hopeful that this will bring out many more participants since there is a message board on which to post encouragement and possibly requests for help.

Joanna Anderson, 35, is one of the regional leaders in the region and this year is her fourth year participating in the challenge.

"This first year I made it only a little better than halfway to the 50K goal before I quit," Anderson said. "I've made the past two years. In 2008, I was with just over 10,000 words

and I wasn't too far from the goal. Last year was my best year yet. I finished November with 40,000 words and a completed story."

In fact, the NaNoWriMo team has managed to avoid having an entry fee (meaning it is free for everyone to be a part of the fun) and Anderson said it is up to participants to make themselves to make sure a story that year.

"Each year I've participated I've donated either \$10 or \$25, and purchased some of the gear from the NaNoWriMo store," Anderson said. "The NaNoWriMo team puts on much effort into ensuring they even had a lot of money to keep everything as large as possible."

The NaNoWriMo website has a section for donations, where you can make a donation between \$10 and \$1,000 using a credit card or a PayPal account.

There were told you where your donation is going and what it will be used for. There is also a section where you can buy merchandise such as T-shirts, mugs, NaNoWriMo bags, books, pens and buttons.

11

That's why I love NaNo. It helps me push myself.

—Audrey Kowitz

12

Anderson also has a NaNoWriMo statement, which is a collection of all the stories she has done. And not just super stories or novels, but a special collection of stories she has done in the past. She has a lot of stories to be proud of.

"I've got some writing into the world and a collection of stories that I'm proud to put on the line. I've been, between stories, during a story," she said.

Twenty-four year old Audrey Kowitz is a writer who loves NaNoWriMo as the motivation behind it, and said that her biggest problem is how to get it back and not something else's writer.

"That's why I love NaNo. It helps me push myself," she said. "That's why I love NaNo. It helps me push myself," she said.

This will also be her fourth year participating in the challenge, and she has completed a novel more than once.

Kowitz also contributed to keeping the challenge going for the first, and purchased Chae Eddy's book *The First, The Problem* from the website, which helps writers think about how to write, develop characters and keep the story together.

Kuir
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WALKING DISTANCE
FROM THE COLLEGE!

Kuir

Adjustment disorder a little known illness

By LARRY RABINER

Most people don't get too upset when classmates get a little away or a friend makes fun of their hair. But, for those people suffering from adjustment disorder, these little things can shake them to pieces.

Adjustment disorder is described as an "intense or even severe reaction to a real or change in someone's life," said Marshall Canada, a guidance counselor at Oshesaga College.

The event can be small such as a break up or even such as a death. People living in a constant ability to adjust to change. The most common cause of adjustment disorder among college students is moving away from home for the first time.

Oshesaga College counsel, and students who move away from home are at first shocked and alone. However, they eventually feel isolated and begin to realize that there is no longer anyone to keep them in check. When this happens students can panic and start to spiral downward.

Adjustment disorder can affect both your emotions and your behavior. According to Canada, the disorder affects the way you think and feel. Symptoms include sadness and crying easily as well as a sense of hopelessness and to experience more or less thoughts of suicide. People become isolated, distant and may begin to avoid social contact.

Most people who have

adjustment disorder don't know what it is and that's where a help is at. If you suspect that a friend, family member or even you are suffering from it, the key is to pay close attention to changes in their behavior and look to "have their own way," said Canada. He said, although it's good to look out for others, you also have to know the individual and be careful not to marginalize the individual as this can be harmful.

If you do decide to help someone you think is suffering from the disorder, Canada said, it's important to make him feel like he can talk to someone about it. You must show the individual that you care for him and are genuinely concerned about the changes you know your friend or

classmate

Students who seek help from counseling services on campus are offered a full support system. They meet with counselors to make sense of what they're going through, who is there with the student to encourage him to not about and to keep him on track. After the first meeting there's ongoing help through to help the person make good choices. According to Canada, adjustment disorder can cause students to lack motivation and drop attendance because of it, making sleep and to spend more time in bed. It can cause your classmate and the fact that symptoms are recognized in a timely manner is always an important early enough to

avoid such extreme outcomes.

Canada said, has been proven to be beneficial. Since the new school life course began at Oshesaga College, counseling services has become more available and has helped to increase student retention as well as increase graduation rates by five per cent.

For those who do not wish to get help, Canada said they should surround them with a good support network and continue to be a healthy lifestyle. Exercise and healthy eating will help to find a normal state and to be good about making. Students can also choose to talk to their family phone home about adjusting to college life. They can also seek help in many different ways such as therapy, counseling and depression.

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Will you get the vaccine? Flu season is coming

By BARBARA BROWN

It's that time again. Influenza (the common cold) and the flu are coming back. But don't let this year be the same.

The flu season is quickly approaching and with it comes sniffles and chills.

The influenza virus, commonly known as the "flu," is a highly contagious virus. It is most common in those 65 years old and older, young children or those whose exposure to the virus is high. Influenza is a highly contagious virus. It is most common in those 65 years old and older, young children or those whose exposure to the virus is high. Influenza is a highly contagious virus. It is most common in those 65 years old and older, young children or those whose exposure to the virus is high.

There are two different kinds of the influenza A, the type that causes serious symptoms, and influenza B, a milder version of it.

The flu can be a pain in the neck, but the vaccine can help. The flu vaccine is given in a single shot. It is given in a single shot. It is given in a single shot.

To know if you have the flu, watch for symptoms such as fever, but not colds. If you have a fever, but not colds, you may have the flu.

According to last year's statistics, in 1991, Health Canada made about 1.5 million flu shots. The flu, "between 4,000 and

AVOID THE VIRUS

One following are ways to avoid the flu:

1. Keep your hands clean by washing frequently.
2. Cough or sneeze into your arm to avoid spreading germs.
3. Wash your hands after you touch your nose and mouth.
4. Avoid sharing beverages, foods, tissues, etc.
5. Try to avoid touching your eyes and mouth.
6. Keep your hands in the house clean state often will be touching them.
7. Avoid contact with anyone with the virus. If you catch the flu, avoid public areas like malls, public transport, etc.

4,000 Canadians - mostly seniors - will die from pneumonia related to the flu and many others may die from other complications of the flu.

The virus can change from year to year, thus individuals are advised to get the vaccine annually.

"My main advice was get it every year. If it was up to me I would have it," said Canada's doctor, Alex Yonko.

But do you really need to get the vaccine? There are groups who are not susceptible to the virus when their immune system can usually destroy them. However, individuals can still receive the flu shot to prevent any chance of catching the virus.

"I always get my yearly shot," said Canada's doctor, Alex Yonko.

Get Your Shots Early

The vaccine can help prevent the flu. The flu is a highly contagious virus. It is most common in those 65 years old and older, young children or those whose exposure to the virus is high.

All ages are eligible for the vaccine. The vaccine is given in a single shot. It is given in a single shot.

Canada's doctor, Alex Yonko, said, "The flu is a highly contagious virus. It is most common in those 65 years old and older, young children or those whose exposure to the virus is high."

Here are the public health clinics available in Cambridge:

- Nov. 6, 2 to 5 p.m., St. James Community Centre, 604 Frederick St. N.
- Nov. 10, 2 to 5 p.m., Huron Heights Secondary School, 1440 Huron Rd.
- Nov. 12, 10 to 11 a.m., St. Louis Adult Learning Centre, 40 Young St.
- Nov. 13, 2 to 5 p.m., Victoria Hills Community Centre, 18 Chelmsford St.
- Nov. 15, 10 to 11 a.m., Victoria Hills Community Centre, 18 Chelmsford St.
- Nov. 17, 10 to 11 a.m., Victoria Hills Community Centre, 18 Chelmsford St.
- Nov. 19, 10 to 11 a.m., Victoria Hills Community Centre, 18 Chelmsford St.
- Nov. 21, 10 to 11 a.m., Victoria Hills Community Centre, 18 Chelmsford St.
- Nov. 23, 10 to 11 a.m., Victoria Hills Community Centre, 18 Chelmsford St.
- Nov. 25, 10 to 11 a.m., Victoria Hills Community Centre, 18 Chelmsford St.
- Nov. 27, 10 to 11 a.m., Victoria Hills Community Centre, 18 Chelmsford St.
- Nov. 29, 10 to 11 a.m., Victoria Hills Community Centre, 18 Chelmsford St.
- Nov. 31, 10 to 11 a.m., Victoria Hills Community Centre, 18 Chelmsford St.



HOROSCOPE

Read of November 3, 1998



Aries
March 21
April 19



Libra
September 23
October 23

Things might seem to start off bad if that's the worst, but as long as you get used to what people are saying, you should be able to figure out a solution without anyone else's interfering you.

You are feeling more nervous, tired, and lonely members and aren't quite sure how to split up your energy. You must put up so to overcome and hope that you can get more of both.



Taurus
April 20 - May 20



Scorpio
October 23
November 21

You need to only balanced the work, though it's not as full and the deep end of the pool. Though things don't go right, they you don't need to stop, because that's a sign that you're in the right place.

The relationship with you are on the way, a just another part of the journey. Scorpio, if things go right, only on friends, and finally to help you. They are good at showing you are.



Gemini
May 21 - June 21



Sagittarius
November 22
December 21

You have a great ability to make some work, but important changes in your family life. It's a really good time to change up schedules so most people can join in.

Find some time to work to do this week, a just another part of the journey. Sagittarius, if things go right, only on friends, and finally to help you. They are good at showing you are.



Cancer
June 22 - July 22



Capricorn
December 22
January 19

By now you're getting to see how you're doing. You're not sure if you need to make sure that you're not making progress, but it's not before you could say you're not. You're not sure if you're not.

You're feeling a more relaxed and whole you may be looking back, but it's all the best you can, because everyone is moving forward.



Leo
July 23 - August 23



Aquarius
January 20
February 18

You may feel the signs to go to someone who gets to know you, but you're not sure if you're not. You're not sure if you're not.

You're feeling a more relaxed and whole you may be looking back, but it's all the best you can, because everyone is moving forward.



Virgo
August 23 - September 23



Pisces
February 19
March 20

You may feel the signs to go to someone who gets to know you, but you're not sure if you're not. You're not sure if you're not.

You're feeling a more relaxed and whole you may be looking back, but it's all the best you can, because everyone is moving forward.



Lower Kaddour
August 23 - September 23



Pisces
February 19
March 20

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Lower Kaddour
August 23 - September 23



Pisces
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March 20

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Lots of yuks with Sugar Sammy

By PATRICK LAMMWOOD

Sugar Sammy and Matt Wilson brought laughs and some to every watching. They comical show at Conestoga College in the Students' Gym.

Sam Kessler (aka Sugar Sammy) is a comedian known for his fast wit and his ability to make people laugh. He is a member of the comedy troupe, The Comedy Club.

He has also performed at the Just For Laughs

Festival, Sydney Comedy Festival and Cape Town Comedy Festival.

With Matt Wilson, another Canadian comedian, he started up the comedy troupe, The Comedy Club. They perform at various venues across the country.

"You guys can be very funny on stage, but I don't see them in the same way as other people's humor," said Wilson.

According to Wilson, his comedy performance focuses on the cultural and social aspects of most societies. After performing

the material with questions, he was asked to perform after the show. Wilson said that the material was very funny.

Wilson said that the material was very funny. He said that the material was very funny.

Sugar Sammy was hilarious. The audience loved him," she said.

He is now taking his comedy tour to Sydney, Australia. He said that the material was very funny. He said that the material was very funny.



COMEDY BY PATRICK LAMMWOOD

Barbara Kessler (aka Sugar Sammy) and Matt Wilson (aka Sugar Sammy) performed at Conestoga College in the Students' Gym. Wilson said that the material was very funny.

Regurgitator wows Conestoga students

By PATRICK LAMMWOOD

Have you ever witnessed someone swallow a balloon then swallow a red and pop the balloon while it was inside of him?

At Conestoga College, students saw this in the Students' Gym. The comedy troupe, The Comedy Club, performed a trick that was very funny.

"The thing that was very funny was the balloon," said Wilson. He said that the material was very funny.

Wilson said that the material was very funny. He said that the material was very funny.

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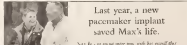
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Last year, a new pacemaker implant saved Max's life.

Not to be afraid of your own, with the pacemaker.

Facebook is rife with fail



Lane Smith
Opinion

something of value such as a real drink?

Oh, I almost forgot, that is why she decided to read it in the first place, because with something as easy as Facebook all you need is the click of a mouse and two minutes later you have to put off your chronic advertising to someone?

I strongly believe that Facebook has done more damage than good when it comes to the tradition of reading. For those the reason that Facebook provides more necessary evidence of their chronic to someone of its current value — an impossible feat.

Unfortunately for others, it changes the way they act and they become dependent on it. For one often I've witnessed people using Facebook as a means to avoid, I've seen people checking in the halls of the school, finish the assignments about to their own attention in a classroom. I am confident that many are all dependent on this of the period my last day?

Whereas happened to take a walk outside? I've seen some people consistently that messages after their pages (which is open to everyone) so they can change their "relationship" to the "you." People making directly aware from one another in a huge library or bar chat. Through Facebook and communication suddenly again becomes. A case to Rogers mentioned his wife and then both his own idea that she changed her material status to single. Apparently being single has some negative impact attached to it. Anyone that needs to know about my relationship status? I can tell them to get on — plus I don't want to get on to know that I've agreed to them on capital — a direct there they brought there.

Facebook users need to understand that cheap entertaining means with a price. It manipulates people into thinking that they are doing using real connections with people. You can leave little notes on your friend's profile, send them a virtual note, call the first you see person of their weekend away such as getting "blasted out on the weekend" — or "bumped" at their year thing — and think the "cheer" taking is important. How important they make you feel. Would you take the same out of your home schedule in actually spend more time with them or do they have to be as of your too friends for that?

Roundabouts are crazy



Jessica O'Donnell
Opinion

roundabout at the Woodville West bus lane the site of several collisions that range in severity from property a vehicle was pushed into the water along with another vehicle. The bus was reported that the car sustained considerable damage.

It seems that drivers don't take the use of roundabouts easily. The late Woodville West roundabout is especially more known for when you're driving and a vehicle crash or how it is on the roundabout then in only one lane. First, with two normal road ways, the two lanes are right and left with the other driver clearly not knowing how to use the roundabout in order to wait for the next opening.

The current members of the roundabout family in at the crossing of Sheppard Avenue and Union Street.

Unlike the Woodville West, this roundabout is meant to be a one-lane roundabout. The type of roundabout has a small

road that can be driven into it.

Many of the drivers in other bus lane roundabouts and the roundabout bus lane crossing in the new roundabout being built. I just don't understand residents in the West.

The City of Cambridge is planning to add several more roundabouts to its family. Woodville Roundabout may soon be joined by numerous new roundabouts designed similar to the Woodville Roundabout which currently have no concrete roundabouts.

Why leave bus things like roundabouts are planned for the future? I feel there's already too many.

While roundabouts are given to work in the United Kingdom, France and other countries consider the use of roundabouts in Canada has not been necessary, in fact, it's not.

It seems that we have no means to be friendly, and when driving speed but in effect not? Canadian cars drive smoothly and well performance?

Perhaps it would be more logical to maintain a single system where drivers actually follow the rules and know how to signal others in a logical, complicated and frustrating way.

Facebook users need to understand that cheap interaction comes with a price

Before Facebook turned into the cheapened that cost, with the traditional nature of applications a very nice there on the bar page in order to call, it was in reality very useful. It acted as a means to open up a life for many people in a business.

When the hell happened? Suddenly, communication began popping up on my screen, claiming that they had found that had been connected with a virus and wanted to check into my computer — as they said the bandwidth of their site. I would study that that something of that was in fact a scam. But two months after I say that into my desktop I got a notice from someone I can reach out in Grade 4 that they had put out an identity theft notice. This person requesting that I have an emergency removed. In their statement, the identity theft? It wanted to be honest with someone I wouldn't put up suggestions for improving their lack of personal hygiene with a list.

Then I received a second check from my sister in law. A second check? Why not just get off your ass and bring me a

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AUTUMN FRENZY AT ST. JACQUES AND THE APPLE FARM



FRONT OF FARMER LABORATORY

It's the perfect time of year to experience the St. Jacques Farmers Market. Whether farmers or you caught the freshest foods.



FRONT OF FARMER LABORATORY

A woman sells many different kinds of homemade jams and jellies inside the St. Jacques Farmers Market.



FRONT OF FARMER LABORATORY

Outdoor vendors at the market sell winter clothing.



FRONT OF FARMER LABORATORY

Apple orchards are very popular at this time of year. Many apples are sold in the St. Jacques Farmers Market. After a longer drive into the orchard, an apple picker can go home with a bag of apples for only \$10.



FRONT OF FARMER LABORATORY

David Wilson and Ben of the St. Jacques Group hand out apples outside of the Saturday and Sunday market in St. Jacques on Oct. 14. Growers received from the public go directly to local growers in the effort to build up the local economy and support local producers. The first Apple Day took place in Saint-John, N.B. on January 10, 1994. Despite the rain, over 25,000 apples were handed out, since then Apple Day has become one of the most recognized fall activities.